



BRACKENFELL ATHLETICS CLUB

10 KM & 5 KM FUN RUN

Wednesday 30th January 2019

SPONSORED BY

CURRO
Schools

START AND FINISH AT BRACKENFELL
HIGH SCHOOL, ROGLAND STREET,
BRACKENFELL

**10KM STARTS at 18:40 &
5 KM FUN RUN 18:50**

Licensed athlete R60 Unlicensed athlete R100
Licensed junior R35 Unlicensed junior R60
Licensed 70+ Free Unlicensed 70+ R40
5km R25 5km no licence needed

ENTRIES AT VENUE FROM 17:15 to 18:30 ON RACE DAY

NO PRE-ENTRIES

10KM	Open	14-19	40-49	50-59	60-69	70+
1st	R 600	R 350	R 450	R 350	R 350	R 250
2nd	R 500	R 250	R 350	R 250	R 250	R 150
3rd	R 400	R 150	R 250	R 150	R 150	R 100

(Open) Team Prizes: 4 x R100 (Women) 4 x R100 (Men)

Medals to first 1500 finishers in 10km & first 500 finishers in 5km

Many Lucky Draw prizes

Enquiries: Jacques 082 610 4455 / Leon 072 222 6843

This race is in accordance with the rules of ASA & WPA

Race details

1. Minimum age on race day for 10 km is 14 years.
2. Participants must obey instructions of marshals and traffic officers.
3. No race numbers will be issued. Licensed athletes should compete in official club colours and must display unaltered licence numbers, valid for 2019, on the front and back of running vests. In addition to entering the race, unlicensed participants must purchase a temporary licence, which must be worn on the chest.
4. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize, including Juniors. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
5. Temporary licences will be available at registration and must be worn on the chest. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete. Temporary licensed participants are eligible for age category prizes, provided they wear the category appropriate age tags and provide proof of age.
6. Juniors born in 2000 or later must display category tags "J" to qualify for age category prizes.
Juniors can also win Open team prizes.
7. Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
8. Entry cards must be carried for the duration of the race and handed in at the results board at the finish. Participants to produce their finishing card when asked to do so by a race official.
9. No personal seconding will be permitted except at official refreshment stations.
10. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
11. Time limit for the 10km 1 hour 45 min, and Fun Run is 1 hour 30 min.
12. The organisers' Club and sponsors as well as WPA accept no responsibility for any accident or injury resulting from participation in the event.
13. Any ruling by the race committee will be considered final.
14. The use of music players with headphones is NOT allowed and may result in disqualification.
15. Entries will be accepted at the start venue on race day from 17h15 to 18h30 for the 10km and Fun run.
No pre-entries. **Brackenfell High School GPS co-ordinate: 33.8701° S, 18.6877° E**
16. Prize giving ceremony at 20:20, which includes the awarding of Lucky draw prizes.
17. Tog bag area provided at runners' own risk. **Please don't leave any valuables in your car.**
18. Race Results will be sent to all Western Province Clubs.
19. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. We support #run clean campaign.
20. The race is run according to the rules of IAAF, ASA and WPA. Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.
21. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.

INDEMNITY CLAUSE / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF, ASA and WPA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Date: _____

Signature: _____

